

# Celebrating 50 Years of Thurmond Dam!

The US Army Corps of Engineers,  
Augusta Striders and Fort Gordon- RNCOA

Present:

## Be a Dam Runner!

5K Run/Walk April 17, 2004

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| <b>Event Day Schedule:</b><br>7:15 – 8:15 am: registration/Parking<br><b>at Clarks Hill Park</b><br>8:30 am: run/walk start from <b>West Dam Park</b>  | <b>Refreshments:</b><br>Water and fruit will be served at the finish line. A group will gather in Clarks Hill Park immediately following the run. |
| <b>Location:</b><br>West Dam Park to Clarks Hill Park,<br>Thurmond Lake  | <b>Awards:</b><br>Prizes will be given to overall male, female and masters winners. Also to the first 3 age category winners!                     |
| <b>Registration:</b><br>There is a \$15.00 fee for individuals, \$18.00 for families. Everyone is welcome. Send Entry to: <b>Augusta Striders</b><br><b>PO Box 3154</b><br><b>Augusta, GA 30914</b><br><b>ThurmondDamRun@aol.com</b> | <b>Age Categories:</b> 19 – under<br>20 –29<br>30 –39<br>40 –49<br>50 –59<br>60 - over  |
| <b>Course:</b><br>5K course is a flat point to point run that crosses Thurmond Dam!  | <b>EVENT WILL BE HELD<br/>RAIN OR SHINE !</b>   |

NAME: \_\_\_\_\_  
STREET: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
PHONE:(\_\_\_\_) \_\_\_\_\_ EMAIL: \_\_\_\_\_  
SEX: (Circle one) M F AGE on 04/17/2004: \_\_\_\_\_

Liability Waiver: Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release and hold harmless the Augusta Striders, the Corps of Engineers, any and all sponsors, volunteers and officials of this 5K event from any and all liability arising from illness, injury, or death I may suffer as a result of my participation in these events. I attest that I am physically fit and have sufficiently trained for these events and I am aware that my participation could, in some circumstances, result in physical injury. Should officials determine that completion of these events would be injurious to my health, I consent to be removed and treated by the physician in attendance of their direction. I give permission for free use of my name and picture in any broadcast, telecast, or written account of these events.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Guardian, if under 18)